

CHIROPRACTIC & HEALTH

A Natural Connection

October 2021

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Chiropractic Spinal Adjustments Significantly Reduce Severity and Duration of Inflammation and Pain

Song et al. (2006) Spinal Manipulation Reduces Pain and Hyperalgesia After Lumbar Intervertebral Foramen Inflammation in the Rat. Journal of Manipulative and Physiological Therapeutics Vol 29, Number 1.

QUOTE BOARD:

A series of 10 adjustments were initiated 24 hours after surgery (to mimic acute spinal injury) and subsequently applied for 7 consecutive days and every other day during the second week."

"Duration of hyperalgesia (increased pain) was shortened to 2 to 3 weeks in the animals that received adjustments as compared with 4 to 5 weeks in the control."

"Two to 4 weeks after ASMT treatments, the increased excitability of the sensory (pain) neurons decreased and recovered significantly compared with those without treatment."

"Three to 4 weeks after ASMT, such expression of DRG (dorsal root ganglion/spinal nerves) inflammation was significantly reduced compared with those without treatment."

"The ASMT may produce more movement of the affected intervertebral joints (facets), which may improve blood and nutrition supply to the DRG within the affected IVF."

Key Concepts:

"Inflammatory responses play key roles in behavioral hyperalgesia and hyperexcitability of DRG cells in inflammatory pain as well as in neuropathic pain. Intervertebral foramen inflammation is one of the main reasons for low back pain."

Inflammation that leads to increased pain signals being sent to the brain, is one of the main underlying causes of back pain, neck pain, headaches, and all other musculoskeletal pain.

If this underlying inflammation is not addressed proper healing cannot take place. Nerve flow and blood flow are required for proper oxygen and nutrition supply, which are required to resolve inflammation and to heal tissues.

Key Take Home Points:

The best way to prevent chronic back pain, or chronic neck pain, or any chronic inflammation-based pain, it to immediately address the underlying inflammation and associated increased excitability of pain receptors and nerve pathways, and cell damage.

The way all tissues heal, and stay healthy, is via healthy nerve flow and blood flow which resolves inflammation and increases the supply of oxygen and nutrition to the tissues.

Proper motion is required for sufficient healthy nerve flow and blood flow to the neuromusculoskeletal tissues and brain areas that control those tissues.

Chiropractic adjustments restore motion, restore healthy nerve flow and blood flow, resolve inflammation, and resolve pain.